

For Keith Floyd, fun is the first ingredient in any recipe. Scorning an academic, high-faluting approach to food, he believes that simplicity is the key to good cooking.

A Feast of Floyd takes its inspiration from a host of culinary techniques and regions. It is also, in the words of the man himself, "personal, opinionated and biased!" He writes from unique experience, having cooked in his own restaurants in Britain and Provence and presented seven award-winning BBC TV series on food.

In this abridged edition, specially produced for **Andrex Ultra Kitchen Towel**, Floyd presents over 60 of his all-time favourite recipes, enlivened by his typically irreverent comments, practical advice and amusing anecdotes of his exploits in the kitchen. This selection of recipes is guaranteed to entertain the beginner and the gastronaut alike – a veritable feast of Floyd.

Keith Floyd

EXCLUSIVE EDITION NOT FOR RESALE



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A Feast OF Floyd

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Introduction

For me, simplicity is the key to good cooking. Simple, fresh ingredients of the best quality you can afford, lovingly prepared.

Beware, though, of confusing simplicity with mediocrity. How often do people think that a well done steak is a straightforward thing to prepare? So easy they say. Yet to cook a plain steak so that it is slightly charred on the outside, its fat crunchy and golden, but not oily, and it remains pink and tender inside is not easy. It all depends on the thickness and quality of the meat, temperature of the grill, and so on.

The other great secret, as Elizabeth David noted in *French Country Cooking*, is "to know your limitations". Many a reputation for skilful entertaining has been founded on the ability to cook one dish to perfection. It doesn't matter a jot if your repertoire of dishes is small – though you have over 60 in this book to choose from. Some of the best cooks I know produce only half-a-dozen dishes, but they cook them so well that it is always a pleasure to be invited to their table.

Neither do your dishes have to be grand. Frankly, I would prefer a cauliflower cheese with a smooth, creamy sauce and hunks of fresh bread and butter, or a good beef stew any day, to a more ambitious dish that was ill conceived and fell short of its promise.

This doesn't, of course, mean that you shouldn't be prepared to experiment with new ideas. So you will find in this book recipes for both simple everyday dishes and more exotic feasts. Which-ever you choose, enjoy them!

A simple meal is one of
the most complicated things
to prepare.

SOUPS & STARTERS



Celery, Apple and Tomato Soup

Colin White at Whites, Cricklade

A soft summer soup that reminds me, for some strange reason, of palettes of the delicate emulsion you see in the TV ads. But don't be put off – it tastes great!

SERVES 6

3 oz (75 g) butter	salt
8 oz (225 g) onions or leeks, chopped	fresbly ground black pepper
8 oz (225 g) carrots, chopped	
2 lb (1 kg) celery, chopped	For the garnish:
3 pints (1.75 litres) chicken or veal stock	2 eating apples, chopped
2 lb (1 kg) very ripe tomatoes, chopped	croûtons
1 lb (450 g) Bramley apples, peeled and chopped	double cream (optional)

Melt the butter in a large pan and gently soften the onions or leeks, carrots and celery for 15 minutes or so, with the lid on. Add the stock, tomatoes, apples and season to taste with salt and pepper. Simmer gently for 30 minutes.

Purée the soup in a food processor or blender, then pass the purée through a sieve. Return the soup to the pan and reheat. Check the seasoning and serve garnished with pieces of chopped apple and croûtons and a little cream, if liked.

Curried Parsnip Soup

Clive Imber at Michael's Brasserie, Newcastle upon Tyne

SERVES 4

2 oz (50 g) butter	salt
1 onion, finely chopped	freshly ground black pepper
2 lb (1 kg) parsnips, peeled and chopped	juice of $\frac{1}{2}$ lemon
1 heaped tablespoon mild curry powder	2 egg yolks
1 pint (600 ml) chicken stock	$\frac{1}{4}$ pint (150 ml) double cream

Melt the butter in a large pan and sweat the onion for 2 minutes. Add the parsnips and cook for about 5 minutes, or until softened. Stir in the curry powder and stock. Bring to the boil, reduce the heat and simmer for 15-20 minutes, or until the parsnips are tender.

Purée the soup in a food processor or blender and return it to a clean pan. Season to taste with salt and pepper, add the lemon juice and reheat the soup until hot but not boiling. Whisk together the egg yolks and cream and gradually stir into the soup. Serve hot.

Greek Mushrooms

This was for seventeen years one of the most popular starters I ever served in my restaurants but the fresh coriander, not parsley, is essential.

SERVES 4-6

1 lb (450 g) small button mushrooms	1 bay leaf
salt	$\frac{1}{2}$ lemon, cut into very, very thin slices
freshly ground black pepper	1 tablespoon chopped coriander
4 tablespoons olive oil	8 oz (225 g) can tomatoes and their juice
1 tablespoon sherry vinegar	
1 tablespoon coriander seeds, coarsely crushed	

Wash and dry the mushrooms. Season with salt and pepper. Heat the oil and vinegar in a pan with the coriander seeds. When hot drop in everything else including the mushrooms and cook wildly for 5-6 minutes.

Lift out the mushrooms and boil the sauce rapidly to reduce by half. Pour it back over the mushrooms. Cover, chill for ages and eat them later. Remove and discard the bay leaf before serving.

Aubergine Caviar

*Eat this with hot toast and a wedge of lemon.
And a glass of iced vodka.*

SERVES 6

**5 medium aubergines
+5 tablespoons olive oil
6 onions, grated**

**6 tomatoes, skinned and chopped
salt
freshly ground black pepper**

Bake the aubergines in a preheated oven, 375°F/190°C (gas mark 5), for about 30-40 minutes, or until black. Allow to cool, then cut the aubergines in half, from top to bottom, and scoop out the tender pulpy flesh.

Heat the oil in a pan and gently sauté the onions until they are transparent. Add the baked aubergine pulp and tomatoes and stir the mixture over a low heat for 1-2 minutes. Season to taste with salt and pepper and turn into a serving dish.

Chill well and serve very cold.

Parcels of Smoked Salmon with Yoghurt Cream Sauce

Allan Holland at Mallory Court, Bishops Tachbrook

Make this in small quantities as a starter and larger for a lunch or supper main dish.

SERVES 4

**8 slices of smoked salmon
sprigs of dill and chopped tomato
flesh, to garnish**

**For the mousse:
3 oz (75 g) smoked salmon trimmings
1 oz (25 g) smoked trout fillet
1/4 pint (150 ml) double cream**

**For the sauce:
1/4 pint (150 ml) double cream
1/4 pint (150 ml) low-fat natural
yoghurt
juice of 1 lemon
sugar, to taste (optional)
salt
freshly ground black pepper**

To make the mousse, purée the salmon trimmings and smoked trout in a food processor or blender, then rub through a very fine sieve. Place the purée in a bowl and set over crushed ice. Using a wooden spoon, gradually beat in the cream until the mixture has the consistency of a light mousse.

To make the sauce, carefully mix together the cream, yoghurt and lemon juice. Add a little sugar if you want some extra sweetness and season to taste with salt and pepper.

Place a spoonful of mousse in the centre of each slice of smoked salmon and fold over to form a neat parcel. Pour some of the sauce on to four individual plates and arrange two parcels on each. Garnish with the dill and a little chopped tomato.

Salmon Paté with Watercress Mousse

SERVES 4-6

1½ lb (700 g) brill fillets
(plaice or sole can also be used)
2 eggs, beaten
2½ fl oz (65 ml) double cream
1 lb (450 g) salmon steak

For the panada:
2½ oz (65 g) flour
7½ fl oz (215 ml) milk
2 oz (50 g) butter
salt

freshly ground black pepper
ground mace

For the watercress mousse:
2 bunches of watercress
¼ pint (150 ml) mayonnaise
¼ pint (150 ml) double cream,
whipped
dash of Tabasco sauce
dash of cayenne pepper
dash of lemon juice

To make the panada, sift the flour on to a piece of paper. Bring the milk to the boil with the butter. Remove from heat, then tip in all the flour and beat by hand or in a blender until smooth. Season well with salt, pepper and a little mace and allow to cool. Skin and bone the brill and process in a food processor or blender with the panada until smooth. Add the beaten eggs and cream. Check the seasoning and whizz again for a few seconds. Alternatively, pound the fish well in a bowl before adding the other ingredients.

Remove the skin and bone from the salmon. Pound the flesh, season and shape into a roll about 8 inches (20 cm) long. Place half the white fish mixture in the bottom of a greased 2 lb (900 g) loaf tin, lay the salmon in the middle and cover with the remaining white fish cream. Smooth the top and tap the tin firmly on the table to remove any air. Cover with buttered foil. Place inside a terrine or roasting tin half-filled with water and pop in a preheated oven, 350°F/180°C (gas mark 4), for 45 minutes, or until firm to the touch. Remove from the oven, place a 1-2 lb (450-900 g) weight on top and leave until cold.

To make the watercress mousse, wash and pick over the watercress, keeping as much stalk as possible. Dry well with **Andrex Ultra** kitchen towel. Place in a food processor, chop finely and then add the remaining ingredients. Whizz for a few seconds until well mixed. Alternatively, chop the watercress very finely before stirring in the other ingredients.

Terrine of Pork

I think terrines should not be made for specific meals but treated as part of a well stocked larder for you to eat as and when you want.

SERVES 4-6

1 lb (450 g) pork fillet
8 oz (225 g) streaky bacon, rind
removed

4 oz (100 g) lamb's or calves' liver,
minced
4 oz (100 g) pork, minced
2 oz (50 g) fresh white breadcrumbs
2 tablespoons brandy
12 pistachio nuts, blanched and
halved
salt
freshly ground black pepper

For the stuffing:
1 oz (25 g) butter
1 small onion, finely chopped
4 oz (100 g) mushrooms, chopped
1 tablespoon chopped mixed herbs

Cut the pork fillet in half lengthways and beat with a rolling pin to flatten. Use the bacon to line a buttered 2 lb (900 g) or medium terrine or loaf tin.

To make the stuffing, melt the butter in a pan and soften the onion. Add the mushrooms and cook briskly for 4 minutes. Stir in the herbs, then tip the mixture on to a plate to cool down. When cooled, add the minced liver, pork, breadcrumbs, brandy and pistachio nuts. Season to taste with plenty of salt and pepper.

Put one-third of the stuffing mixture into a prepared tin and cover neatly with half the pork fillet. Tip another third of the stuffing on top of the pork and cover with another layer of pork fillet. Top with the remaining stuffing mixture. If any bacon is left over or overhanging the tin, fold it over neatly. Cover with buttered foil and place inside a roasting tin half-filled with water. Bake in a preheated oven, 325°F/160°C (gas mark 3), for 1-1½ hours, or until firm. Remove from the oven, place a 2 lb (900 g) weight on top and chill for at least 24 hours.

NOTE

When possible always use a hand mincer for terrines as processors can reduce the meat to a pulp. Always use or improvise a bain-marie when possible. If your terrine is not big enough to take the amount, cook two loads and freeze one.

Chicken Liver Mousse

This is best made in individual ramekins that you tip out on to white plates, which have been covered with chilled tomato sauce. Then delicately decorate with a sprig of endive lettuce. Thin slices of hot toast are essential and sweet white wine well chilled is great with it.

SERVES 10

1 lb (450 g) chicken livers	salt
2 oz (50 g) butter	freshly ground black pepper
1/2 onion, finely chopped	1 oz (25 g) sachet of aspic jelly powder
1 clove of garlic, chopped	8 fl oz (250 ml) boiling water
1 teaspoon chopped thyme	1/2 pint (150 ml) double cream
1 measure of brandy	5 egg whites, stiffly beaten
1 teaspoon chopped parsley	Tomato Sauce, to serve (see page 13)
1 tablespoon tomato purée	

Wash the chicken livers, removing any strings or bitter green bits, and dry well on **Andrex Ultra** kitchen towel.

Melt the butter in a pan until it is foaming and fry the livers with the onion, garlic and thyme for 10 minutes. Warm the brandy, pour over and flame it. Add the parsley and tomato purée and season to taste with salt and pepper. Cook for a further 5 minutes. Allow to cool.

Meanwhile, make up the aspic with the water according to the packet instructions. Leave to cool.

When the liver mixture has cooled, purée it in a food processor or blender. Add the aspic and cream and leave until it begins to set. Fold in the egg whites, then spoon the mixture into one large dish or individual pots and chill until set, about 1-2 hours.

Serve with cold Tomato Sauce.

Tomato Sauce

MAKES ABOUT 1/2 PINT (300 ml)

1 tablespoon olive oil	1 teaspoon fresh or 1/2 teaspoon dried basil
1 medium onion, finely chopped	1 tablespoon chopped parsley
2 cloves of garlic, chopped	1 level tablespoon sugar
14 oz (400 g) can tomatoes	lots of freshly ground black pepper

Heat the oil in a pan and fry the onion and garlic until soft. Add the remaining ingredients and cook over a low heat for 15 minutes. Purée the lot in a food processor or blender.

This sauce is equally delicious served either hot or cold.

Hot Onion Tarts

They say that only in Alsace will you find a good onion tart – where they vary from a kind of pizza to a high-sided quiche. But this one is the business.

SERVES 4

8 oz (225 g) shortcrust pastry or 1 x 7 1/2 oz (212 g) frozen puff pastry, thawed, depending on your taste	2 large eggs (size 1 or 2)
2 oz (50 g) butter	4 tablespoons double cream
2 large onions, finely sliced	salt
	freshly ground black pepper
	8 anchovy fillets

Roll out the pastry on a lightly floured surface to about 1/8-1/4 inch (4-7 mm) in thickness and use to line four 3 inch (7.5 cm) tartlet tins. Prick the bases with a fork.

Melt the butter in a frying pan and throw in the onion slices, turning them until they are soft and transparent.

Beat together the eggs and cream and season to taste with salt and pepper. Mix in the onions and fill the pastry cases. Bake in a preheated oven, 425°F/220°C (gas mark 7), for about 15 minutes or until set.

Decorate with the anchovy fillets and eat the tarts before they deflate.

FISH



Prawns with Pernod and Mushrooms en Papillote

En papillote is a high-powered name for the simple business of baking the freshest of fish and the subtlest of fresh herbs, wrapped in a parcel of foil or greaseproof paper, to seal in the flavours.

SERVES 4

<i>8 tablespoons chopped wild or button mushrooms</i>	<i>freshly ground black pepper</i>
<i>3 tablespoons double cream</i>	<i>16-20 king prawns or crayfish (depending on size), shelled</i>
<i>2-3 teaspoons Pernod</i>	<i>2 tablespoons chopped parsley</i>
<i>salt</i>	

Mix the mushrooms with the cream, Pernod and salt and pepper to taste.

Cut four hearts out of foil or greaseproof paper large enough to enclose four to five large shelled prawns or crayfish with space to spare around the edges.

Divide and place the crayfish or prawns on one half of the foil or paper hearts. Top with an equal quantity of the mushroom mixture and sprinkle with the parsley. Fold over the remaining half to enclose. Pleat the edges to seal securely.

Place on a baking sheet and cook in a preheated oven, 350°F/180°C (gas mark 4), for 15-20 minutes. Serve immediately.

Salmon with Vermouth en Papillote

SERVES 4

<i>4 medium salmon fillets, skinned</i>	<i>4 tablespoons dry Vermouth</i>
<i>1½ oz (40 g) butter, softened</i>	<i>salt</i>
<i>grated rind and juice of 1 lemon</i>	<i>freshly ground black pepper</i>
<i>handful of herb sprigs (lemon balm, chervil and parsley, for example)</i>	

Cut four hearts out of foil or greaseproof paper large enough to enclose the fish fillets with space to spare around the edges.

Place each salmon fillet on one half of the foil or paper heart and dot with the softened butter. Sprinkle with the lemon rind and juice and scatter over a good quantity of herb sprigs. Drizzle over the Vermouth and season with salt and pepper to taste. Fold over the remaining half to enclose – so that you end up with a semi-oval shape. Pleat the edges to seal securely.

Place on a baking sheet and cook in a preheated oven, 350°F/180°C (gas mark 4), for 12-15 minutes, or until the packets are well puffed up and the fish is just tender. Serve immediately.

Sole with Mushrooms and Caper Butter en Papillote

SERVES 4

1 small shallot, finely chopped
2 oz (50 g) butter
4 teaspoons chopped capers
salt

freshly ground black pepper
*4-8 sole fillets (depending on size),
skinned*
2 oz (50 g) mushrooms, sliced

Mix the shallot with the butter, capers and salt and pepper to taste. If using eight small sole fillets then sandwich the pairs together with half of the caper butter.

Cut four hearts out of foil or greaseproof paper large enough to enclose the fish fillets with space to spare around the edges.

Place the sole fillets on one half of the foil or paper hearts. Dot with all (in the case of large fillets) or the remaining half of the caper butter. Scatter over the mushrooms and fold over the remaining half to enclose. Pleat the edges to seal securely.

Place on a baking sheet and cook in a preheated oven, 350°F/180°C (gas mark 4), for 15-20 minutes. Serve immediately.

Trout with Dill en Papillote

SERVES 4

1 1/2 oz (40 g) butter
2 tablespoons chopped dill
salt

freshly ground black pepper
4 trout, filleted
*4 oz (100 g) smoked salmon or
trout*

Cut four hearts out of foil or greaseproof paper large enough to enclose the fish fillets with space to spare around the edges.

Mix the butter with the dill and salt and pepper to taste. Sandwich the trout fillets together into four pairs with the dill butter. Cut the smoked salmon or trout into thin strips and loosely wrap, diagonally, around the fish fillets to give a striped effect.

Place each fillet on one half of the foil or paper heart and fold over the remaining half to enclose. Pleat the edges to seal securely.

Place on a baking sheet and cook in a preheated oven, 350°F/180°C (gas mark 4), for 20 minutes, or until the packets are well puffed up and the fish is just tender. Serve immediately.

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Well I think that's
the fish in paper section
wrapped up! Excuse the
pun. PLEASE. xxxx

Cod Fillets with a Saffron Butter Sauce

Clive Imber at Michael's Brasserie, Newcastle upon Tyne

A Dickensian observer once said: 'The cod is surely better than the salmon. It's just a question of fashion.'

Or words to that effect. Quite right.

SERVES 4

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| 4 large cod fillets, weighing about 8-10 oz (225-275 g) each | 2 tablespoons double cream |
| salt | 2 good pinches of powdered saffron |
| fresbly ground black pepper | 8 oz (225 g) unsalted butter, chilled and diced |
| 1/4 pint (150 ml) fish stock | 4 tomatoes, skinned, seeded and diced |
| 1/4 pint (150 ml) dry white wine | 1 oz (25 g) chopped chives |

Place the cod fillets on a lightly buttered baking tray. Season the fillets with salt and pepper. Cook lightly under a preheated grill for about 6-10 minutes, until they are just cooked – the time depends entirely on the thickness of the fillets. Remove and keep warm.

Put the stock and wine into a pan and boil rapidly over a high heat until they are reduced by three-quarters. Add the cream and saffron.

Bring back to the boil and simmer for 2-3 minutes. Reduce the heat to very low and gradually add the butter, piece by piece, whisking constantly until it is well mixed. Do not allow the sauce to boil. Add the tomatoes and chives and check the seasoning.

To serve, place the cod on warmed plates and spoon over the sauce.

Monkfish Roasted with Garlic

SERVES 4

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| about 2 1/4 lb (1 kg) tail of monkfish | 1/4 teaspoon fennel seeds |
| 2 beads of plump garlic, as fresh as possible | juice of 1 lemon |
| 2 tablespoons olive oil | 1 bay leaf |
| salt | 1 large red pepper, blanched, cored and seeded, and cut into strips |
| fresbly ground black pepper | 8 fl oz (250 ml) double cream |
| 1/4 teaspoon thyme leaves | |

Skin the fish carefully, leaving no trace of the thin membrane under the skin, and remove the central bone. Wash and pat dry. Tie up with string like a piece of meat.

Peel two cloves of the garlic and cut into thin slices. Make some incisions in the fish with the point of a sharp knife and push in the sliced garlic.

Heat 1 tablespoon of the oil in a frying pan and brown the fish on all sides for about 5 minutes. Lift out the fish, season with salt, pepper, thyme, fennel and lemon juice and put into a roasting tin along with the remaining oil.

Arrange the rest of the unpeeled garlic head, separated into cloves, around the dish, put the bay leaf under the fish and cook in a preheated oven, 425°F/220°C (gas mark 7), for about 20 minutes. Five minutes before the end of the cooking time, pop the pepper strips into the roasting tin and stir the cream into the juices.

Arrange the fish, garlic and pepper on a serving dish and strain over the creamy sauce, removing the bay leaf. Carve the fish in thin slices.

Serve with grilled tomatoes and chive butter. The roast garlic is, of course, to be eaten.

Oriental Fish in Filo Pastry

This is much the same principle as the papillote, except you can eat the wrapping.

SERVES 4

4 sheets frozen filo pastry, thawed
sesame oil
4 cod or halibut steaks, boned and
skinned
1 small piece fresh root ginger,
finely chopped
2 oz (50 g) peeled prawns
2 tablespoons yellow bean or soy
sauce
pinch of Chinese five spice powder
2 spring onions, trimmed and
thinly sliced
salt
freshly ground black pepper
sesame seeds, to sprinkle

Brush one-half of each piece of filo pastry with a little sesame oil and fold over to enclose. Place a cod or halibut steak on top of each folded piece of pastry. Mix the ginger with the prawns, yellow bean or soy sauce, Chinese five spice powder, spring onions and salt and pepper to taste. Spoon equally over the fish steaks.

Carefully enclose the fish by gripping each piece of pastry by the corners, tucking in the sides and giving the parcel a half-turn twist to secure. The corners can then be folded back to produce a decorative effect. Brush with sesame oil and sprinkle with sesame seeds.

Place on an oiled baking sheet and bake in a preheated oven, 350°F/180°C (gas mark 4), for 20 minutes, or until crisp, golden and the fish is cooked. Serve immediately.

Sweet and Sour Fish Kebabs

SERVES 4

2 lb (900 g) sea bass fillets, cut into
slices 1½ inches (4 cm) square
8 very small tomatoes, quartered
16 small onions, halved
½ teaspoon sugar
salt
freshly ground black pepper

For the marinade:
juice of 2 lemons
1 clove of garlic, crushed
2 pinches of salt

For the basting liquid:
4 tablespoons oil
2 tablespoons dry sherry

For the sauce:
¼ pint (150 ml) natural yoghurt
4 fl oz (100 ml) double cream
juice of ½ lemon
1 tablespoon roughly chopped parsley
1 teaspoon chopped chives
salt

Mix together the ingredients for the marinade in a shallow bowl (not aluminium), put in the fish and leave to marinate for about 15 minutes or so.

Blend the ingredients for the basting liquid. Thread the fish, tomatoes and onions on to eight skewers and brush with the liquid. Cook the kebabs under a preheated moderate grill for 10 minutes, turning them and basting them regularly.

Meanwhile, mix together the ingredients for the sauce in a bowl and hand it round separately.

Serve with plain rice.

Mussels in White Wine or Cider

Mussels are wonderful. They're delicious and not expensive – you can even get them for free on seaside holidays as you scramble over the rocks. One of the best ways to cook them is in white wine or dry cider, but they are also good stuffed in the half shell or grilled with garlic butter.

SERVES 4-6

Scrape 6 lb (2.75 kg) mussels carefully with a small, sharp knife, removing any seaweed or barnacles, and pull off their 'beards' – the hairy bits that hang out of the shells. Wash the mussels thoroughly in several changes of water. Discard any with broken shells and that do not shut when tapped. If any mussel seems heavy for its size, prise it open as it may be full of sand or mud.

Melt 2 oz (50 g) butter in a large pan and cook 2 large chopped onions and 3 chopped cloves of garlic for 2-3 minutes. Tip in $\frac{1}{2}$ pint (300 ml) dry white wine or cider and bring to the boil. Add the mussels, cover and cook over a high heat, shaking the pan occasionally, until the mussels open. Discard any that remain shut.

Serve with extra knobs of butter and chopped parsley and plenty of fresh bread.

POULTRY



Coriander Chicken

SERVES 4-6

- | | |
|--|---|
| <i>4 tablespoons oil</i> | <i>4 oz (100 g) purple olives, stoned</i> |
| <i>1 tablespoon butter</i> | <i>(Greek or Italian rather than</i> |
| <i>4 lb (1.75 kg) chicken, jointed</i> | <i>the ripe American type)</i> |
| <i>4 large cloves of garlic, peeled and</i> | <i>1 lemon, sliced</i> |
| <i>left whole</i> | <i>salt</i> |
| <i>1 teaspoon ground turmeric or saffron</i> | <i>freshly ground black pepper</i> |
| <i>1 small bunch of coriander leaves,</i> | |
| <i>finely chopped, or 2 teaspoons</i> | |
| <i>ground coriander</i> | |

Heat together the oil and butter in a large, heavy-based frying pan and brown the chicken pieces over a moderate heat. Add the garlic, spices and coriander. Cook for about 10 minutes, turning the chicken pieces occasionally to coat them evenly. Stir in enough water to cover, about 8 fl oz (250 ml), cover and simmer over a low heat, adding more water if necessary, for about 20-30 minutes, or until the chicken is tender. Increase the heat, add the olives and lemon and season to taste with salt and pepper. Cook for a further 8-10 minutes, or until the sauce is reduced.

Serve with rice or couscous.

Herby-fried Chicken with Cream Sauce

SERVES 4-6

3 lb (1.4 kg) chicken, jointed or 8 chicken pieces

1/4 pint (150 ml) buttermilk or milk and 1 teaspoon cream of tartar

8 oz (225 g) flour

1 teaspoon salt

freshly ground black pepper

2 teaspoons chopped marjoram

2 teaspoons chopped parsley

oil for deep-frying

For the sauce:

1 1/2 oz (40 g) bacon fat or butter

1 1/2 oz (40 g) flour

1/2 pint (300 ml) chicken stock

1/2 pint (300 ml) double cream

salt

freshly ground black pepper

Remove the skin from the chicken pieces. Place the chicken in a large bowl (not aluminium) with the buttermilk or milk and cream of tartar mixture and leave to marinate for 2 hours.

Sift the flour and salt into a small bowl and stir in the pepper, marjoram and parsley. Heat the oil in a frying pan. Pat the chicken pieces gently with **Andrex Ultra** kitchen towel to remove any excess buttermilk, and dip them into the herbed flour, to coat all over. Deep-fry the pieces slowly for 15-20 minutes, turning to brown on all sides and ensuring that they cook right through. Drain on absorbent **Andrex Ultra** kitchen towel.

To make the sauce, heat the bacon fat or butter in a medium-sized pan, add the flour and cook for 1 minute. Remove from the heat and gradually stir in the chicken stock. Return to the heat and cook, stirring constantly, until the sauce thickens. Cook for 3 minutes, then remove from the heat and stir in the cream. Season to taste with salt and pepper.

To serve, arrange the chicken pieces on a large plate and hand round a bowl of the hot cream sauce separately. If the sauce needs to be reheated, do not allow it to boil or it will separate.

Breasts of Chicken Stuffed with Spinach and Mushrooms

Juan Martin at Sharrow Bay Hotel, Ullswater

SERVES 6-8

2 oz (50 g) butter

4 shallots or 1 small onion, chopped

8 oz (225 g) mushrooms, wild if possible, finely chopped

8 tablespoons cooked spinach

salt

freshly ground black pepper

2 teaspoons chopped chervil

6-8 chicken breasts

butter

For the sauce:

1/2 oz (15 g) butter

2 shallots or 1 small onion, chopped

1/2 pint (300 ml) chicken stock

1/4 pint (150 ml) dry white wine

5 mushrooms, chopped

1 pint (600 ml) double cream

salt

freshly ground black pepper

Melt the butter in a pan and sauté the shallots or onion until softened. Add the mushrooms and cook for 2 minutes. Stir in the cooked spinach, season to taste with salt and pepper and add the chervil.

With a sharp knife, cut a lengthways pocket in each of the chicken breasts and fill it with the prepared stuffing. Lightly butter the breasts and wrap them in separate pieces of foil to form loose but secure parcels. Place on a baking tray and bake in a preheated oven, 425°F/220°C (gas mark 7), for 10-12 minutes.

To make the sauce, melt the butter in a pan and sauté the shallots or onion. Add the stock, wine and mushrooms and boil rapidly to reduce by three-quarters. Add the cream and cook for a minute or two longer to allow the sauce to thicken slightly. The sauce should have a thin coating consistency. Season to taste with salt and pepper.

Unwrap the foil parcels, lift the chicken breasts on to warmed plates and pour over the sauce.

Chicken Paprika with Dumplings

Like couscous, this recipe benefits from an elderly chicken, rather than a blander spring one – you can tell an old chicken by its brown legs and white breasts.

Since this is a typical eastern European dish, such as you might find in Hungary, paprika snobs should use Hungarian paprika, which should tax your shopping skills to the point of frustration!

SERVES 6

- | | |
|--------------------------------------|--|
| 4 lb (1.75 kg) chicken, with giblets | 4 oz (100 g) red pepper, seeded and sliced |
| 2 tablespoons vegetable oil | 4 oz (100 g) fresh or canned tomatoes |
| 2 oz (50 g) butter | 3 oz (75 g) flour |
| 1 large onion, finely chopped | 1/2 pint (450 ml) soured cream |
| 1/2 oz (15 g) ground paprika | 3 fl oz (75 ml) double cream |
| salt | Dumplings, see page 34 |

Joint the chicken into 8-10 pieces. Heat together the oil and butter in a pan and fry the onion until golden. Stir in the paprika and add the chicken pieces, together with the liver, heart and giblets. Season to taste with salt and cook the chicken joints over a low heat, in their juices, stirring frequently.

After about 20 minutes, add the pepper, tomatoes, and a little water. Continue cooking with the lid on over a gentle heat, stirring occasionally, for about 30-40 minutes, until tender. Mix the flour into the soured cream and add to the chicken. Pour the double cream over the chicken and bring to boil, stirring constantly, until the sauce thickens slightly.

Serve hot with buttered dumplings.

Tandoori Chicken

SERVES 4

- | | |
|--|--|
| 2 1/2 lb (1.25 kg) chicken | 1 teaspoon chilli powder |
| 1 teaspoon whole coriander seeds | 8 fl oz (250 ml) natural yoghurt |
| 1 teaspoon whole cumin seeds | ghee or fat, for basting |
| 1 knob of fresh root ginger, finely grated | juice of 1/2 lemon |
| 4 cloves of garlic, crushed | lemon wedges, to garnish (optional) |
| 1 1/2 teaspoons salt | sprigs of coriander, to garnish (optional) |

Skin the chicken and joint into eight pieces. With a sharp knife make two or three slits in each piece of chicken. In a heavy frying pan dry roast the coriander and cumin seeds, stirring constantly, until they turn a few shades darker. Grind to a fine powder.

Mix together the coriander and cumin powder with the ginger, garlic, salt, chilli powder and yoghurt. Place the chicken pieces in a large bowl (not aluminium) and pour the yoghurt mixture on top, coating the chicken pieces thoroughly. Cover and leave to marinate overnight.

Place the chicken pieces and marinade on a baking tray and cook in a preheated oven, 375°F/190°C (gas mark 5), for about 1 hour, basting with the ghee or fat and marinade occasionally, and turning the pieces so that they become evenly browned.

Place the chicken pieces without the juices under a preheated very hot grill for 5-7 minutes each side so that they become dry. Pour the lemon juice over the pieces before serving. They won't be as red as in some Indian restaurants because we are not adding artificial colouring! You can, but you shouldn't.

Garnish with the lemon wedges and coriander, if you like, and serve with some baked bread (Naan).

Chicken or Lamb Biryani

This is probably my favourite Indian meal – I love the taste of the slowly cooked meat and the saucy little vegetable stew.

SERVES 4

1/2 teaspoon ground cloves
1/2 teaspoon ground cardamom
1/4 teaspoon chilli powder
1 teaspoon ground cumin
1/2 teaspoon freshly ground black pepper
1 teaspoon ground coriander
6-10 cloves of garlic, chopped
1 teaspoon finely chopped fresh root ginger
1/2 pint (300 ml) natural yoghurt
juice of 2 large lemons
salt
3 lb (1.4 kg) boned lean lamb (leg or shoulder), cut into cubes, or 3 lb (1.4 kg) chicken, jointed
8 oz (225 g) ghee, or butter
6 large onions, finely sliced

Mix together the ground spices, garlic, ginger, yoghurt, lemon juice and salt to taste in a large bowl (not aluminium) and stir in the lamb or chicken. Leave to marinate for an hour or so. Melt the ghee or butter and fry the onions until crisp and brown. Divide the onions into two portions. Finely mince one portion and mix with the meat and spices. Set aside the remainder for the rice.

Then on to the complicated bit, which is to prepare the rice. Fill a large pan three-parts full with water and put in the spices with 1 dessertspoon salt. The salt will eventually be drained away. Bring the water to the boil and pour in the Patna rice. When par-boiled and the grains still hard, after about 5 minutes, remove from the heat and drain through a fine sieve. Do not remove the spices from the rice. When completely drained, place the rice on a tray to cool and divide in half.

Mix the saffron with the hot milk. Put one portion of the rice into a large pan that has a tightly-fitting lid. Empty the meat

For the rice:
10 whole cloves
10 black peppercorns
10 whole cardamom pods
6 cinnamon sticks
1 lb (450 g) Patna rice, washed and soaked in water for 2 hrs
1/2 teaspoon saffron
2 teaspoons hot milk

For the garnish:
sliced hard-boiled eggs
chopped almonds or cashews or sultanas
chopped coriander leaves (optional)

and spices over the rice together with the remainder of the onions, saffron and milk. Cover the pan and bring to the boil. Immediately it boils, turn down the heat as low as possible and simmer for about 1½ hours, when the meat should be tender. Cook the remainder of the rice until each grain is tender and separate, then drain. When the rice is dry spread it out on a flat dish. Ladle over the meat and rice mixture and decorate with hard-boiled eggs, or almonds, cashews or sultanas – or some of each. Garnish, if you like, with fresh chopped coriander.

Breast of Duck with Ginger, Mango and Spring Onions

Stephen Ross at Homewood Park, Hinton Charterhouse

SERVES 6

6 duck breasts	4 ripe mangoes
<i>1/2</i> pint (300 ml) game or chicken stock	<i>1/2</i> pint (150 ml) double cream
1 large piece of fresh root ginger, grated	4 spring onions, trimmed and finely chopped
2 fl oz (50 ml) Malibu liqueur	

Either buy six duck breasts or remove the breasts from three ducks, using the legs for another dish and the carcass for stock.

Grill the breasts until the skin is really brown and crisp and then cook them in a preheated oven, 450°F/230°C (gas mark 8), for 5-10 minutes, until just cooked – the flesh must be still pink. Pour off and reserve any juices.

To make the sauce, put the stock, ginger and Malibu liqueur in a pan and boil rapidly until they are reduced by half. Peel two of the mangoes and cut the flesh from the stones. Purée in a food processor or blender and beat into the sauce. Add the cream and cook for 1-2 minutes to thicken slightly. Just before serving, stir in the spring onions.

Peel the remaining mangoes and slice them lengthways into thin slices. Slice the cooked duck breasts lengthways and interleave the duck with the mango. Return to the oven to keep warm. Pour the sauce on to individual serving plates and arrange the duck breasts and mangoes on top.

Roast Duck with Cranberry Glaze

SERVES 4

4-5 lb (1.75-2.25 kg) free-range duck with giblets	2 tablespoons cornflour
6 fl oz (175 ml) chicken stock	2 tablespoons lemon juice
flour	14 oz (400 g) jar whole berry cranberry sauce
4 tablespoons red wine	watercress sprigs, trimmed, to garnish

Put the duck giblets and chicken stock in a pan, bring to the boil and simmer for 1 hour.

Wipe the bird with **Andrex Ultra** kitchen towel and rub the skin well with salt. Prick all over with a fork. Place on a rack in a roasting tin and roast in a preheated oven, 400°F/200°C (gas mark 6), for 20 minutes per 1 lb (450 g), basting occasionally. About 15 minutes before the end of the cooking time, baste the duck, sprinkle with flour and add the wine to the roasting tin. Increase the oven temperature to 425°F/220°C (gas mark 7) and finish cooking. Strain the juices into a bowl and skim off the fat from the surface.

Meanwhile, mix together the cornflour and lemon juice in a pan and stir in the strained giblet stock, skimmed cooking juices and cranberry sauce. Bring to the boil, stirring, then simmer for 3-4 minutes. Strain about one-third of the sauce and use it to brush over the duck to glaze it for about 5 minutes or so in the oven. Pour the remaining sauce into a sauceboat and keep warm. Carve the duck, garnish with some watercress sprigs and serve with the hot sauce.

MEAT



Fillet Steaks Béarnaise

A simple but delicious dish. Do not swamp it with soggy vegetables as they tend to in restaurants. All this needs is a few matchstick chips or sauté potatoes and a sprig of watercress.

SERVES 4

<i>freshly ground black pepper</i>	<i>5 teaspoons chopped tarragon</i>
<i>4 fillet steaks, cut 1 inch (2.5 cm) thick</i>	<i>1 teaspoon white peppercorns,</i>
<i>oil</i>	<i>coarsely crushed</i>
<i>1/2 oz (15 g) butter</i>	<i>1 bay leaf</i>
<i>6 tablespoons strong beef stock</i>	<i>4 egg yolks</i>
	<i>8 oz (225 g) butter, at room</i>
	<i>temperature</i>
	<i>3 teaspoons chopped chervil</i>
	<i>salt</i>

For the béarnaise:

3 tablespoons red wine vinegar
2 shallots, finely chopped

Put a good few twists of pepper on each side of the steaks, brush with a little oil and leave to marinate for at least 1 hour at room temperature.

To make the sauce, pour the vinegar into a pan with the shallots, tarragon, peppercorns and bay leaf. Simmer until the mixture is reduced by half. Remove from the heat, discard the bay leaf and allow to cool. Place the egg yolks in a bowl with a knob of the butter and pour on the vinegar mixture. Set the bowl over a pan half-filled with very hot water. Whisk well for several minutes, until the mixture is very creamy. Add the butter a knob at a time, whisking constantly, but do not overheat.

When all the butter has been added and the sauce has the consistency of whipped cream, remove from the heat. Stir in the chervil and a little salt to taste. Keep warm by setting the bowl over another bowl filled with warm water.

Set a heavy frying pan or steak griddle over a very high heat for 15 seconds, drop in the butter and immediately put in the steaks. Turn over, reduce the heat slightly, cook for 3 minutes, turn again and cook for a further 3 minutes. Lift on to a warmed serving dish. Deglaze the pan with the stock, reduce a little, check the seasoning and pour round the steaks.

To serve, put a teaspoonful of béarnaise on the top of each steak.

Roast Sirloin Steak with Mustard

SERVES 4

*1 tablespoon made mustard
4 tablespoons oil
salt
freshly ground black pepper*

*1 x 2 lb (900 g) sirloin steak
4 rashers of smoked bacon,
rind removed
4 tomatoes*

Whisk together the mustard, oil, salt and pepper in a bowl (not aluminium), add the steak and leave to marinate for at least 30 minutes. Lift out the steak and place it on a griddle over a roasting tin to collect the juices. Cook in a preheated oven, 425°F/220°C (gas mark 7), for 30 minutes, turning frequently. Apply the remaining marinade as it cooks. Just before the steak is ready, grill the bacon and tomatoes.

Carve the steak into thin slices along the grain, pour over any juices from the roasting tin and serve with the crisply grilled bacon and tomatoes.

ANDREX ULTRA TIP

When baking potatoes in a microwave oven first wrap them in Andrex Ultra kitchen towel. Also works well with bacon.

Beef Stewed in Red Burgundy

This wonderful dish is served in different ways throughout France – but I reckon this is the classic way to prepare it. Do cook it slowly and, if possible, allow it to cool overnight once cooked. Skim off any fat from the surface, reheat gently and serve.

SERVES 6

*3 lb (1.4 kg) well hung beef
(skin, shoulder or neck)
5 onions, roughly chopped
5 carrots, roughly chopped
5 shallots, roughly chopped
3 cloves of garlic, chopped
2 sprigs of thyme
2 bay leaves
1 bunch of parsley, roughly
chopped
2 bottles of red Burgundy*

*6 thick rashers of streaky bacon, diced
1 large wineglass of brandy
¼ pint (150 ml) Madeira or
very dry sherry
1 small calf's foot or even 1 chopped
pig's trotter (optional, but it enriches
the sauce beautifully)
butter
9 oz (250 g) mushrooms
7 oz (200 g) baby onions
salt
freshly ground black pepper*

Trim off excess fat from the beef and cut it into small cubes. Put it in a large bowl (not aluminium) with the onions, carrots, shallots, garlic and herbs and pour over the wine. Leave to marinate overnight. Lift out the meat and strain and reserve the liquid.

Fry the bacon, without additional fat, in a large, heavy-based pan. Add the meat and brown it on all sides. Pour over the brandy and flame. Add the Madeira or sherry and barely cover with the reserved marinade. Cover and simmer on a low heat for 3 hours. Add more marinade if the stew seems to be drying out.

Melt a little butter in a pan and fry the mushrooms. Add to the meat and throw in the baby onions. Cook the stew for a further 10-15 minutes, until the onions are tender. Season to taste with salt and pepper and remove the calf's foot or pig's trotter before serving.

Serve very hot just with boiled potatoes or plain pasta.

ANDREX ULTRA TIP

To remove excess fat or oil from the surface of a casserole, lay a sheet of folded Andrex Ultra kitchen towel gently on the surface and press lightly. Repeat with fresh paper until the fat or oil has been absorbed.

Winter Beef Stew with Dumplings

This is a classic example of wonderful, simple English food, born out of expediency. The dumplings were put in to stretch the meat, and the juices from the beef seeped into them, so you could almost convince yourself that you were eating a bit more meat.

SERVES 4-6

1½ oz (40 g) dripping
1½ lb (700 g) lean stewing or braising
steak, gristle and fat removed and cubed
1 lb (450 g) small onions, sliced
1 tablespoon flour
1½ pints (900 ml) beef stock
1 tablespoon tomato purée
salt
freshly ground black pepper
1 lb (450 g) carrots, cut across into chunks
(if you like, you could use peeled and cubed
swedes, turnips and parsnips instead)

1 bay leaf

For the dumplings:
6 oz (175 g) self-raising flour
3 oz (75 g) shredded suet
1 tablespoon chopped parsley
salt
freshly ground black pepper
water to mix

Melt the dripping in a large, heavy-based pan and fry the meat and onions until well browned on all sides. Sprinkle in the flour and mix well. Gradually add the stock and tomato purée, stirring constantly. Bring up to the boil and season generously with salt and pepper. Reduce the heat, cover and simmer for 1 hour. Add the carrots (or other vegetables, if using) and the bay leaf to the stew and simmer for a further hour.

Meanwhile, make the dumplings. Sift the flour into a bowl. Add the suet, parsley, and salt and pepper to taste. Gradually add sufficient water and mix to form a soft but manageable dough. Divide and shape the dough into eight small balls, using floured hands. Add the dumplings to the stew, cover and cook for a further 15-20 minutes, or until the dumplings are swollen, light and fluffy. Remove the bay leaf and serve immediately.

ANDREX ULTRA TIP

To store carrots and mushrooms in the refrigerator, wrap them in Andrex Ultra kitchen towel and place in a plastic bag. The paper absorbs the moisture they continue to lose.

Spaghetti with Meatballs

There was a terrific sequence in 'The Godfather' about cooking meatballs. Anyway although fresh meat is best you can use left over cooked meats equally well. If you use a food processor don't over mince the meat or you will get a paste which will result in meat bullets. Which as the film points out are for killing people not feeding them!!

SERVES 4

1 lb (450 g) minced beef
1 teaspoon chopped basil, oregano
or mixed herbs
salt
freshly ground black pepper
1 tablespoon olive oil
1 onion, chopped
1-2 cloves of garlic, finely chopped
or crushed

1 lb (450 g) tomatoes, skinned and
chopped
2 tablespoons tomato purée
1 bay leaf
8 oz (225 g) dried spaghetti or
rather more if fresh
grated Parmesan cheese

Mix the minced beef in a bowl with some of the chopped herbs and salt and pepper to taste. Divide and shape the mixture into small, round balls. Heat the oil in a pan and sauté the onion and garlic for 4-5 minutes. Add the meatballs and brown on all sides, turning frequently.

Add the tomatoes, tomato purée, remaining herbs, bay leaf and check the seasoning. Cover the pan and simmer gently for 30 minutes.

Meanwhile, cook the spaghetti in a large pan of boiling salted water for about 10-12 minutes (but cook fresh for 2-3 minutes), until it is just tender but still firm, *al dente*. Drain well, then lay the spaghetti on a large, warmed serving dish and spoon the meatballs and their sauce into the centre. Fish out the bay leaf and sprinkle with a little grated Parmesan cheese to serve.

Lamb Stew with Aubergines

*If you have time, salt the aubergine slices, let them sweat for half an hour or so in a colander and then dry them off with **Andrex Ultra** kitchen towel.*

SERVES 4

1 lb (450 g) stewing lamb	1 tablespoon chopped basil
1 lb (450 g) onions	2 tablespoons chopped coriander
1 lb (450 g) potatoes	freshly ground black pepper
1 lb (450 g) aubergines	1/2 teaspoon ground paprika
1 lb (450 g) fresh or canned tomatoes	7 fl oz (200 ml) tomato juice
2 tablespoons butter or olive oil	salt

Trim off excess fat from the meat and cut it into cubes. Slice the onions and potatoes finely and cut the aubergines and tomatoes into largish pieces. Place the meat in a buttered casserole and cover with the vegetables, the butter or oil and the herbs, pepper and paprika. Pour over the tomato juice and season lightly with salt. Cover and bake in a preheated oven, 350°F/180°C (gas mark 4), for 1 1/2 hours. Add some water if the dish becomes dry during cooking.

Lamb Noisettes with Tarragon

SERVES 4

2 tablespoons sunflower or groundnut oil	freshly ground black pepper
2 oz (50 g) butter	4 tablespoons brandy
8 lean noisettes of lamb, cut about 1 inch (2.5 cm) thick	2 tablespoons chopped tarragon
	3 tablespoons double cream
salt	

Heat the oil with half of the butter in a heavy-based frying pan. When sizzling add the noisettes and cook until well-browned but still pink inside – about 2 1/2-3 minutes on each side. Remove from the pan with a slotted spoon, season the noisettes on both sides with salt and pepper and keep warm.

Melt the remaining butter in the same pan and add the brandy, tarragon and cream, mixing well. Bring to the boil and reduce slightly and allow the sauce to thicken.

To serve, spoon the sauce over the noisettes. Serve immediately with creamed carrots and green beans.

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Noisettes must be well
trimmed of their fat and the
outside skin so they can
be really loved.

Moussaka

This brings back memories of my first ever restaurant where I used to cook moussaka (without ever having been to Greece, of course). I would cook it and let it get cold, then heat it up in the microwave next day, because I reckon freshly cooked moussaka is greasy and oily and the flavours haven't quite amalgamated. It's up to you but my tip is to cook it today and reheat it in the oven or microwave tomorrow.

SERVES 4

oil for frying

1 large aubergine, sliced into thin discs

1 large onion, finely chopped

1 lb (450 g) cooked lamb, minced – from Sunday's joint, say

4 cloves of garlic, chopped

1 tablespoon chopped parsley

1 teaspoon chopped thyme or rosemary

1 bay leaf

14 oz (400 g) can tomatoes, drained

salt

freshly ground black pepper

4 oz (100 g) cheese, grated

For the béchamel sauce:

1/2 pint (300 ml) milk

salt

freshly ground black pepper

1 onion ring

slice of carrot

1 bay leaf

parsley stalk

2 oz (50 g) butter

2 tablespoons plain flour

To make the sauce, heat the milk gently with the salt and pepper, vegetables and herbs. Leave to infuse for 15 minutes. In another pan melt the butter and stir in the flour. Cook for a minute or so without browning. Strain the milk and, stirring all the while, pour on to the *roux*. Cook over a low heat for 10 minutes, stirring constantly, until thick. Set the sauce aside.

Heat some oil in a sauté pan, enough to come about 3/4 inch (1.5 cm) up the side of the pan and fry the aubergine discs until cooked, about 10 minutes. Lift out the aubergine and drain on **Andrex Ultra** kitchen towel. Fry the onion in the same oil until golden. Add the meat, garlic, herbs and tomatoes. Season to taste with salt and pepper and cook for 10 minutes over a high heat until there is not much liquid left. Remove the bay leaf.

Tip the mixture into a shallow ovenproof dish and cover with the aubergine. Pour over the béchamel sauce, sprinkle with the cheese and bake in a preheated oven, 400°F/200°C (gas mark 6), for 20-30 minutes.

Serve with boiled rice or pasta.

PS Before frying, you should really salt the aubergine discs, let them sweat for 30 minutes and then dry them off with **Andrex Ultra** kitchen towel.

ANDREX ULTRA TIP

*Use **Andrex Ultra** kitchen towel in the microwave as a covering in place of clingfilm for dishes that may splatter or burst. It doesn't leak on contact with hot / fatty foods.*

Pork with Apple and Calvados

I never eat this dish without thinking of the great Kenneth Bell in the days when he started the Thornbury Castle Restaurant. Come back from Andorra, Kenneth, Britain needs you!

SERVES 4

4 best end chops, well trimmed with

no rind and a little fat

pinch of dried sage

pinch of freshly grated nutmeg

1 oz (25 g) butter

1 measure of Calvados

4 oz (100 g) apple purée

1/4 pint (150 ml) double cream

1 tablespoon meat jelly, which you

have saved from your roasts

salt

freshly ground black pepper

sage leaves, to garnish (optional)

Season the chops with the sage and nutmeg. Heat a frying pan until hot, melt the butter and cook the chops gently for about 5 minutes on each side (cook for longer, of course, if the chops are a foot thick).

There should be some juice in the pan by now, so warm the Calvados, then pour over and flame it. Remove the meat and keep warm.

Add the apple purée and cream to the pan and bubble until thick. Then add your meat jelly to thin the sauce a little, season to taste with salt and pepper and pour over the chops.

Serve with fried apple rings and broad beans. Garnish with sage leaves, if liked. Eat immediately.

Prune Stuffed Pork

SERVES 6-8

6 oz (175 g) stoned prunes	3 tablespoons flour
4½-5 lb (2-2.5 kg) loin of pork, boned but not rolled, but with the rind removed	1 pint (600 ml) meat stock
salt	4 fl oz (100 ml) single cream, or half cream and half milk
freshly ground black pepper	1 teaspoon redcurrant jelly
ground ginger	

Put the prunes in a bowl, cover with boiling water and leave to soak for 30 minutes, then drain and pat dry thoroughly with **Andrex Ultra** kitchen towel.

Sprinkle the pork with salt, pepper and 1 teaspoon ground ginger and rub them into the fat. Lay the prunes in the centre of the meat, roll up and tie with string. Place the joint, fat side up, in a roasting tin and roast in a preheated oven, 375°F/190°C (gas mark 5), for 30-35 minutes per 1 lb (450 g).

When the meat is cooked, lift on to a heated serving dish and keep warm. Pour the juices from the tin into a sauce separating jug and leave to stand until the fat separates. Then add the flour to the pan, stir and cook gently over a direct heat until browned. Strain off the fat from the jug, pour the juices and stock into the roasting tin and bring to the boil. Simmer until the gravy is reduced by one-third, then whisk in the cream, jelly and a little more ginger until the sauce is smooth and thick. Strain over the pork and serve.

Lamb's Kidneys in Cognac and Cream Sauce

A delicious 'plat' this one - specially if you cook the kidneys a little pink.

SERVES 4

about 1½ lb (675 g) lambs' kidneys	4 tablespoons double cream
3 tablespoons oil	salt
1 onion, chopped	freshly ground black pepper
1 clove of garlic, crushed	1 oz (25 g) butter
1 tablespoon seasoned flour	pinch of sugar
3 tablespoons Cognac	2 teaspoons made mustard

Skin, core and halve the kidneys and slice thinly or leave in halves as liked.

Heat the oil in a pan and sauté the onion and garlic until transparent. Dip the kidneys lightly in the seasoned flour and add to the pan. Cook until tender, stirring or turning over frequently. Pour over the Cognac, flame and leave until the flames have died away.

Meanwhile, season the cream with salt and pepper. Stir into the kidneys, mixing well. Add the butter, sugar and mustard, stirring thoroughly and heat gently until lightly thickened but do not allow to boil.

Serve hot with rice and a crisp salad.

Cassoulet

The French invented this dish to use up all those odds and ends that country people used to keep in their larders. Nowadays, the ingredients take a little seeking out, but this is terrific party food with buckets of red wine – double up the quantities of this recipe.

SERVES 4-6

- | | |
|--|--|
| 1 tablespoon oil or goose fat | 2 tablespoons tomato purée |
| 1 onion, thinly sliced | 1½ pints water |
| 2 cloves of garlic, chopped | 1 lb (450 g) dried white haricot |
| 4 oz (100 g) salt pork or bacon in one piece | beans, soaked overnight and drained |
| 8 oz (225 g) shoulder of pork, boned | salt |
| ½ small shoulder of lamb, boned | freshly ground black pepper |
| 1 piece of preserved goose – buy a tin of it from a posh shop (optional) | 1 bouquet garni (bay leaf, thyme and parsley, for example) |
| 8 oz (225 g) well-flavoured coarse-grain pork and garlic sausage | 4-5 tablespoons fresh white breadcrumbs |

Heat the oil or goose fat in a large pan and fry the onion and garlic until softened. Remove the rind from the salt pork or bacon and shoulder of pork and cut it into cubes. Add to the onion mixture, increase the heat to high and brown the cubes on all sides. Remove the onion and rind mixture and set aside.

Dice the flesh of the salt pork or bacon, shoulder of pork, lamb, and goose, if using, and chop the sausage, add to the pan and again cook until browned on all sides. Remove the meat pieces and place in a flameproof casserole with the onion mixture. Add the tomato purée and half of the water to the cooking pan and stir to loosen any sediment, then transfer to the meat mixture.

Add the soaked beans and remaining water to the meat mixture with salt and pepper to taste and the bouquet garni, mixing well. Slowly bring to the boil, stirring occasionally. Sprinkle with the breadcrumbs and bake in a preheated oven, 300°F/150°C (gas mark 2), for 2½-3 hours, pressing the crust down several times during cooking.

Remove the bouquet garni before serving and serve hot straight from the dish.

EGG & CHEESE DISHES



Ratatouille Omelette

Allan Holland at Mallory Court, Bishops Tachbrook

SERVES 4

- | | |
|-------------------------------------|---|
| 8 large eggs | For the ratatouille: |
| 4 tablespoons cold water | 2 aubergines, sliced |
| 2 oz (50 g) butter | 2 courgettes, sliced |
| 8 fl oz (250 ml) double cream | salt |
| 8 oz (225 g) Gruyère cheese, grated | 2 fl oz (50 ml) olive oil |
| | 1 onion, sliced |
| | 2 large red peppers, seeded and cut into strips |
| | 1 clove of garlic, chopped |
| | 2 large tomatoes, skinned and chopped |
| | freshly ground black pepper |

To make the ratatouille, put the aubergines and courgettes in a bowl, sprinkle with salt and leave for an hour or so to drain. Pat dry with **Andrex Ultra** kitchen towel. Heat the olive oil in a heavy-based shallow pan and cook the onion gently until soft. Add the aubergines, courgettes, peppers and garlic, cover the pan and cook for about 20 minutes. Add the tomatoes and season to taste with salt and pepper. Cook for a further 20 minutes or so, until the vegetables are soft but not mushy. Keep warm.

Break the eggs into a bowl and add the cold water. Whisk lightly with a fork, but do not overbeat – the eggs should just be broken down. Heat an omelette pan and add a quarter of the butter. When it begins to turn brown, add a quarter of the

egg mixture to the pan and immediately whisk the eggs with a fork for a few seconds until the base of the omelette begins to set. As soon as it is set over the base, spoon a quarter of the ratatouille along the middle and fold over. Turn out on to a plate, pour over a quarter of the double cream and cover with a quarter of the grated cheese. Glaze for 1-2 minutes under a preheated very hot grill. Use the remaining egg mixture and ratatouille in the same way to make four omelettes. Serve as they are cooked.

Classic Pipérade

Whatever you do, don't call this scrambled eggs in the Basque Country, because they're fiercely proud of this dish and quite rightly so.

SERVES 4

oil and butter
2 red and 1 green pepper, seeded
and chopped
4 ripe tomatoes, skinned, seeded
and chopped
1 clove of garlic, finely chopped
1/2 red chilli pepper (or piment
d'Espelette – see below) or a pinch
of ground paprika
chopped thyme
chopped parsley

1 bay leaf
salt
freshly ground black pepper
1 teaspoon caster sugar – the secret
ingredient given to me by Mimi in
Biarritz
6 eggs
4 slices of Bayonne ham or any
cured ham (Parma, for example)
or good bacon

Heat together some oil and butter in a frying pan and cook the peppers, tomatoes, garlic plus all the spices and seasonings (including the sugar), until they are very soft. Beat the eggs with a little cold water and stir them in as for scrambled eggs. Fish out the bay leaf.

Meanwhile, fry the slices of ham or bacon and serve with the pipérade mixture.

PS Espelette is a small town in the Basque Country that is the centre of France's red pepper powder industry. The locals and the cognoscenti wouldn't dream of using any other type.

Asparagus Soufflé with Maltese Sauce

Allan Holland at Mallory Court, Bishops Tachbrook

*You have to admit that Allan knows his onions,
I mean asparagus.*

SERVES 4

6 oz (175 g) asparagus, weighed after peeling and trimming	2 oz (50 g) Gruyère or Emmenthal cheese, grated
2 1/2 oz butter	grated Parmesan cheese
1 tablespoon chopped shallot	
1 1/2 oz (40 g) flour	
1/2 pint (300 ml) milk	
salt	
freshly ground black pepper	
freshly grated nutmeg	
cayenne pepper	
4 eggs, separated	
	For the sauce: thinly cut peel of 1 orange, blood if possible
	3 egg yolks
	1 tablespoon lemon juice
	6 tablespoons blood orange juice
	6 oz (175 g) butter, melted
	salt

Peel the top third of each stem of asparagus thinly. Cut away about 1 inch (2.5 cm) of the woody stems and tie in a bundle. Cook, tips uppermost, in boiling salted water with a small knob of butter for 15-20 minutes, until tender, according to thickness. Drain and cut into small pieces.

Melt 1 tablespoon of the butter in a pan and cook the shallot for a moment, before adding the asparagus. Stir while the moisture evaporates, then lift out the shallot and asparagus and put to one side. Add the remaining butter, heat to melt, then stir in the flour and cook for 1 minute. Meanwhile, bring the milk to the boil. Remove the *roux* from the heat, mix in the milk, then return to the heat and cook for 1 minute. Stir in the shallot and asparagus and season to taste with salt, pepper, nutmeg and cayenne pepper. Beat in the egg yolks, one at a time, and half the Gruyère or Emmenthal cheese.

Whisk the egg whites with a pinch of salt until they hold stiff peaks. Fold one-third of the whites into the asparagus mixture. Pour the mixture back on to the remaining egg white and gently fold in. Do not overmix. Butter four small soufflé

dishes, about 4 inches (10 cm) in diameter and 2½ inches (6 cm) deep, and sprinkle with a little Parmesan cheese. Divide the asparagus mixture between the dishes. Sprinkle the remaining Gruyère or Emmenthal cheese on top. Place on a baking sheet and bake in a preheated oven, 400°F/200°C (gas mark 6), for 15-20 minutes.

While the soufflés are baking, make the sauce. Shred the orange peel into thin julienne strips (thinner than matchstick strips). Cook in boiling water for about 2 minutes until tender. Drain, rinse under cold running water and set aside. Put the egg yolks into a small pan and whisk, adding the lemon juice and 2 tablespoons of the orange juice. Place over a gentle heat or in a *bain-marie* and whisk until the eggs are pale and lighter in colour. Remove from the heat and very gradually whisk in the warm melted butter. Season to taste with salt and the remaining orange juice.

Serve the soufflés straight from the oven accompanied by the Maltese Sauce.

Fluffy Omelette with Kidneys

*I always cook this for breakfast when friends are staying.
It's an excellent excuse for drinking red wine in
the early morning!*

SERVES 2

3 eggs, separated
1 tablespoon cream or milk
1 tablespoon freshly grated Parmesan
cheese
salt
freshly ground black pepper
½ oz (15 g) butter

For the filling:
4 lambs' kidneys
1½ oz (40 g) butter
2 shallots, finely chopped
2 teaspoons flour
1 teaspoon tomato purée
2 tablespoons dry sherry
¼ pint (150 ml) good stock

Prepare the filling first. Skin, core and halve the kidneys and cut them into large pieces. Melt the butter in a small sauté pan and fry the kidneys and shallots briskly until brown. Dust with the flour, then stir in the tomato purée, sherry and stock. Bring to the boil and simmer for about 8 minutes.

To make the omelette, beat the egg yolks with the cream or milk, half of the cheese and the salt and pepper. Whisk the egg whites until they hold stiff peaks and fold carefully into the yolk mixture. Melt the butter in a heavy flameproof dish. Turn the egg mixture into this, shape into an oval, and make a hollow down the middle. Scatter over the remaining cheese and place in a preheated oven, 400°F/200°C (gas mark 6), for 8-10 minutes. Reheat the kidney mixture if necessary and, when the omelette is ready, spoon it down the centre. Serve immediately.

ANDREX ULTRA TIP

*When whisking egg whites, ensure the bowl is completely grease free by wiping it with some **Andrex Ultra** kitchen towel moistened with a little vinegar.*

Spaghetti alla Carbonara

SERVES 4-6

- | | |
|--|-------------------------------------|
| 1 lb (450 g) dried spaghetti | 2 tablespoons single cream |
| 4 oz (100 g) streaky bacon, rind removed and chopped | 2 oz (50 g) Parmesan cheese, grated |
| 4 eggs | freshly ground black pepper |

Cook the spaghetti in a large pan of boiling salted water for about 12 minutes, until it is just tender but still firm, *al dente*.

Meanwhile, fry the bacon until crisp. Beat the eggs in a bowl and add the cream and half the cheese. Season with black pepper.

Drain the cooked spaghetti and return it to the pan. Quickly stir in the bacon. Add the eggs at once and toss well together. (The heat of the spaghetti will be enough to cook the eggs.) Serve immediately, sprinkled with the remaining cheese.

Tagliatelle Alfredo

Like so many simple dishes, immediacy is everything – don't muck about keeping the tagliatelle warm while you serve something else.

SERVES 4

- | | |
|--|----------------------------------|
| 8 oz (225 g) dried tagliatelle or 1 lb (450 g) home-made noodles | 2 tablespoons creamy milk salt |
| 2 oz (50 g) butter, melted | freshly ground black pepper |
| 1 oz (25 g) Parmesan cheese, grated | grated Parmesan cheese, to serve |

Cook the dried tagliatelle or noodles in a large pan of boiling salted water for about 6 minutes (but cook fresh for 2-3 minutes), until it is just tender but still firm, *al dente*.

Meanwhile, mix the butter with the cheese and milk in a heated serving dish and season to taste with salt and pepper. Drain the noodles thoroughly and add to the cheese mixture. Toss well until the noodles are coated. Serve immediately with a little extra grated cheese.

SALADS



A Greek Salad

SERVES 4

- | | |
|---|----------------------|
| 1 small head of curly endive | 2 tablespoons capers |
| 1 small head of Cos lettuce | |
| 1 cucumber | |
| 2 large tomatoes | |
| 6 oz (175 g) stoned black olives | |
| 4 oz (100 g) Feta cheese, crumbled | |
| 2 oz (50 g) can anchovy fillets, drained (optional) | |
| 2 spring onions, trimmed and chopped | |

For the dressing:

- | |
|--|
| 4 fl oz (100 ml) olive or vegetable oil |
| 3 tablespoons red wine vinegar |
| 1 teaspoon dried oregano |
| 1/2 teaspoon salt |
| large pinch of freshly ground black pepper |

Wash the endive and lettuce thoroughly, drain well and dry gently with **Andrex Ultra** kitchen towel. Shred the leaves and put them in a large salad bowl.

Wipe the cucumber, pare off alternating strips of the skin and slice the flesh thinly. Cut the tomatoes into small wedges. Add the cucumber slices, tomato wedges, olives, cheese, anchovy fillets if using, spring onions and capers to the salad bowl.

Mix together all the ingredients for the dressing, pour over the salad and toss until well mixed. Serve immediately.

A Provençal Cheese Salad

SERVES 4

1½ lb (700 g) tomatoes, some very ripe, some a little green, thinly sliced	2 teaspoons caster sugar salt
¼ wineglass of extra virgin olive oil	freshly ground black pepper
dash of white wine vinegar	4 oz (100 g) Mozzarella cheese, cut into ¼ inch (7 mm) cubes
3 tablespoons chopped basil	

Mix the ingredients carefully with your fingers and refrigerate for a couple of hours – then toss gently again. In Apt on market days I used to lunch on thin slices of peppery sausage, followed by a bowl of this with bread and big glasses of iced rosé! It's terrific. But please use only the best ingredients – don't whatever you do, use dried basil or nasty cheese.

An Italian Salad

*A robust salad that goes down well with lots of red wine –
a good starter for filling hungry people!*

SERVES 3–4

4 oz (100 g) short-cut macaroni or small pasta shells	2 oz (50 g) black olives, stoned
4 oz (100 g) green peas, cooked	1 teaspoon French mustard
2 oz (50 g) lean ham, chopped or sliced	¼ pint (150 ml) mayonnaise
2 oz (50 g) salami, chopped or sliced	salt
2 oz (50 g) mortadella, chopped or sliced	freshly ground black pepper

Cook the pasta in boiling salted water until it is *al dente*, drain and refresh very well under cold running water. Allow to drain thoroughly, then mix with the remaining ingredients. Season to taste with the salt and pepper. Serve immediately.

Chicken Liver Salad

This also makes a lovely starter.

SERVES 2 (OR 4 AS A STARTER)

4 oz (100 g) chicken livers	3 tablespoons olive oil
2 oz (50 g) butter	1 egg yolk
1 teaspoon made French mustard	salt
1 tablespoon white wine vinegar	freshly ground black pepper
Lettuce	

Wash the lettuce leaves, shake well and pat dry with **Andrex Ultra** kitchen towel. This prevents the dressing becoming diluted. Just before serving, stir the dressing, add the lettuce and toss thoroughly to ensure each leaf is well coated.

Wash and pat the chicken livers dry with **Andrex Ultra** kitchen towel and chop them roughly, removing any strings or bitter green bits. Melt the butter in a frying pan and sauté the livers for 2-3 minutes. Remove from the pan and chop finely. Place the remaining ingredients in a small bowl and stir well with a fork to mix. Add the chicken livers. Pour over the lettuce and serve.

DESSERTS & PUDDINGS



Lemon Soufflé

SERVES 4

3 tablespoons cold water	juice and finely grated zest of 3 lemons
1/2 oz (15 g) powdered gelatine	1/2 pint (300 ml) double cream, lightly whipped
4 large eggs (size 1 or 2)	
3 oz (75 g) caster sugar	finely chopped walnuts, to decorate

Prepare a 2 pint (1.2 litre) soufflé dish by making a paper collar of double thickness greaseproof paper and tying this so that it stands at least 2 inches (5 cm) above the rim of the dish.

Place the water in a small pan, sprinkle in the gelatine and allow to stand for 5 minutes. Separate the eggs, putting the whites in a large bowl. Add the sugar and the lemon zest to the yolks. Add the lemon juice to the gelatine mixture. Heat the gelatine mixture gently until it has dissolved completely, but do not allow to boil. Set aside.

Set the bowl with the egg yolk mixture over a pan half-filled with gently simmering water and whisk until thick and light. Remove from the heat and, beating constantly, pour in the gelatine mixture. Continue whisking until the mixture shows signs of setting. Whisk the egg whites until they hold stiff peaks. Fold the cream and egg whites into the egg yolk mixture.

Pour into the prepared soufflé dish and chill for 2-4 hours, until firmly set. Just before serving, run a knife around the inside of the collar, remove, and coat the sides with the walnuts. I don't feel this dessert needs any more decoration.

Profiteroles

Old-fashioned maybe – but an excellent dish when properly made. Don't be put off by the factory-made versions you find in supermarket chests.

SERVES 4–6

For the choux pastry:

3¼ oz (100 g) plain flour

7½ fl oz (215 ml) water

3 oz (75 g) butter

3 eggs

For the chocolate sauce:

3½ oz (90 g) plain chocolate

2½ fl oz (65 ml) milk

1 tablespoon double cream

½ oz (15 g) butter

½ pint (300 ml) whipped double cream

The first rule is to sift the flour on to a sheet of paper. Put the water and butter in a fairly large pan and bring to the boil. When bubbling, remove from the heat and, as soon as the bubbles have subsided, 'shoot' in the flour at once and beat like crazy until it is smooth. Allow to cool for a few minutes, then beat in the eggs one at a time. The second rule is to beat the mixture thoroughly between the addition of each egg until it is firm again. When all the eggs have been added, beat the pastry for a few minutes until it looks thick and glossy. Place the mixture in a piping bag fitted with a large plain nozzle and pipe walnut-sized balls on to a dampened baking sheet. Bake in a preheated oven, 400°F/200°C (gas mark 6), for about 25 minutes, until they are crisp and golden brown. Lift the choux balls off the sheet and prick the sides to allow the steam to escape. Leave to cool.

To make the chocolate sauce, break the chocolate into a bowl or the top of a double boiler and melt it over hot but not boiling water. Meanwhile, bring the milk and cream to the boil, then pour on to the melted chocolate and return to the pan. Allow to bubble for 20 seconds, remove from the heat and whisk in the butter until glossy.

To assemble the profiteroles, make a slit in the sides and spoon or pipe in the cream. Pile them on a dish and, just before serving, pour over the chocolate sauce or hand it round separately.

Iced Hazelnut Mousse

Juan Martin at Sharrow Bay Hotel, Ullswater

I love this mousse so much that I've planted two hazelnut trees in my garden in Devon so I can (one day) pick my own nuts to make this excellent recipe.

SERVES 4

For the sauce:

8 oz (225 g) strawberries or raspberries

juice of 1 lemon

about 1-2 oz (25-50 g) sugar

2 oz (50 g) hazelnuts

2 oz (50 g) caster sugar

3 egg whites

4½ oz (125 g) icing sugar

½ pint (300 ml) double cream,

lightly whipped

raspberries or strawberries, to decorate

Roast the hazelnuts in the oven or under the grill. Place the caster sugar in a small pan and heat until it turns a golden caramel colour. Stir in the hazelnuts. Turn on to an oiled tray. Allow to cool and harden. When cold, crunch it, using a rolling pin or a pestle and mortar, until it is coarsely ground.

Put the egg whites and icing sugar in a bowl and set over a pan of boiling water. Whisk until they are fairly hot. Remove from the heat and continue to beat with an electric beater until cool and thick. Fold in the cream and the ground nut mixture. Spoon into four small wetted moulds. Cover and freeze for 2-4 hours, until firm.

To make the sauce, purée all the ingredients in a food processor or blender. Pass through a fine sieve. Dip the moulds briefly into hot water before turning out on to plates.

To serve, surround with the sauce and decorate with a little fruit.

Caramel Apple Tart with Honey and Almond Ice Cream

Shaun Hill at Gidleigh Park, Chagford

SERVES 4-6

8 oz (225 g) of shortcrust pastry
4 firm eating apples
6 oz (175 g) unsalted butter
9 oz (250 g) sugar
2 tablespoons Calvados

For the ice cream:
4 oz (100 g) ground almonds
1/2 pint (300 ml) milk
1/2 pint (300 ml) double cream
8 egg yolks
4 oz (100 g) caster sugar
clear honey

To make the ice cream, put the almonds, milk and cream in a pan and bring to the boil. Whisk the egg yolks and sugar in a bowl until pale and thick. Strain the almonds, milk and cream and pour on to the egg yolk mixture. Set the bowl over hot water and whisk over a gentle heat until the mixture thickens enough to coat the back of a spoon. Remove from the heat, add honey to taste and allow to cool. Pour into a freezer container, cover and freeze until firm, about 2-4 hours. Roll out the pastry on a lightly floured surface to about 1/8-1/4 inch (4-7 mm) in thickness and use to line four small tartlet tins. Prick the pastry and bake 'blind' in a preheated oven, 400°F/200°C (gas mark 6), for 10-15 minutes, until cooked. Allow to cool.

Meanwhile, peel, core and chop two of the apples. Cook in a small pan with a teaspoon of water until soft, then purée in a food processor or blender. Spoon the purée into the pastry cases. Put the butter and sugar in a pan and cook until they turn a golden caramel brown. Add the Calvados. Slice the remaining apples and arrange in a thin fan shape across the purée. Coat with the Calvados caramel. Allow to cool, then serve with scoops of the honey and almond ice cream.

ANDREX ULTRA TIP

When defrosting bread, or precooked pastry, place a sheet of *Andrex Ultra* kitchen towel underneath to prevent the base going soggy.

Pear Tart

This wonderful pear dessert should really be served warm with whipped cream to tickle the taste buds.

SERVES 6

For the pastry:
4 oz (100 g) butter, softened
2 tablespoons cold water
1 oz (25 g) icing sugar
8 oz (225 g) flour

For the fruit:
3 even-sized Comice pears
3 oz (75 g) sugar
1/4 pint (150 ml) water

For the filling:
2 oz (50 g) ratafia biscuits or little
Italian Amarettis, available from
good delicatessens
2 tablespoons pear liqueur
6 fl oz (175 ml) double cream
2 large eggs
icing sugar

To make the pastry, make sure that the butter is soft enough to work with, but do not melt it – room temperature is ideal. Put the butter, water, sugar and one-third of the flour in a large bowl. Mix well, using a wooden spoon, to make a tacky paste. Gradually work in the remaining flour, then knead until smooth. Roll the pastry out thinly on a lightly floured surface and use a little over half of this to line a deep 8 inch (20 cm) flan ring. Don't roll the pastry too thickly or it will not cook evenly or become crisp. Bake 'blind' in a preheated oven, 375°F/190°C (gas mark 5), for about 20 minutes, or until it is lightly browned and firm. Allow to cool. The remainder of the pastry can be used to make some fruit tartlets or a smaller fruit flan.

Thinly peel, halve and core the pears. Put the sugar and water in a pan, add the pears and poach until just tender, about 10 minutes.

Sprinkle the ratafia or Amarettis with the pear liqueur. Whisk together the cream and eggs and stir into the biscuits. Drain the pears and arrange neatly over the base of the flan case, cut-side down. Spoon over the filling and bake in the centre of a preheated oven, 375°F/190°C (gas mark 5), for 45 minutes, until firm and set. Sprinkle with icing sugar and return to the oven for a few minutes to lightly brown.

Grilled Bananas with Butterscotch Sauce

Clive Imber at Michael's Brasserie, Newcastle upon Tyne

SERVES 4

*8 bananas
sugar, to taste*

For the butterscotch sauce:
4 oz (100 g) Demerara sugar
2 tablespoons golden syrup
2 oz (50 g) unsalted butter
1/2 pint (300 ml) whipping cream

To make the butterscotch sauce, put the sugar, syrup and butter in a heavy-based pan and cook over a moderate heat until the mixture is golden brown. Remove from the heat and whisk in the cream. Allow to cool.

Lightly butter a grill pan. Slice the bananas in half lengthways. Sprinkle with sugar to taste and cook under a preheated hot grill until they are brown but not mushy, about 3-5 minutes. Serve immediately with the butterscotch sauce and perhaps with some vanilla ice cream.

Praline Pancakes

I adore praline and pancakes and this recipe combines the two. Serve them with a raspberry sauce.

SERVES 4-6

For the batter:
4 oz (100 g) flour
pinch of salt
1 egg
1 egg yolk
1/2 pint (300 ml) milk
1 tablespoon melted butter
1 teaspoon sugar

For the praline butter:
3 oz (75 g) butter
2 1/2 oz (65 g) caster sugar
Kirsch, to taste

oil or clarified butter, for frying

1/2 pint (300 ml) Raspberry Sauce,
see the recipe for Iced Hazelnut
Mousse on page 57

For the praline:
2 oz (50 g) unblanched almonds
2 oz (50 g) caster sugar

To make the batter, sift the flour with a good pinch of salt into a large bowl. Make a well in the centre and drop in the whole egg and egg yolk. Start adding the milk to the egg and mix from the centre, very gradually drawing in the flour to make a thick, smooth batter. When half of the milk has been added, beat well and stir in the melted butter and sugar. Whisk in the remaining milk. Cover and leave to stand in a cool place while you make the praline butter.

To prepare the praline, place the almonds and sugar in a small, heavy-based pan over a gentle heat. When the sugar is a liquid caramel, stir carefully with a metal spoon to toast the nuts on all sides. Turn on to an oiled slab or oiled foil and leave to set. When it is completely cold, crush it with a rolling pin as finely as possible.

To make the praline butter, cream the butter in a bowl and beat in the sugar until the mixture is light and fluffy. Mix in the praline and flavour with Kirsch.

To cook the pancakes, heat a heavy 6 inch (15 cm) frying pan. Grease very lightly with oil or clarified butter and put a generous tablespoon of batter into the centre. Swirl it to cover the base by tipping the pan. Cook the pancake over a brisk heat until the underside is golden. Loosen round the edge with a palette knife, toss or turn over and cook the other side. Cook the remaining batter in the same way, making the pancakes as thin as possible. Quickly spread the inside of each with praline butter and roll up like a cigar. Heat for a moment in a preheated oven and serve immediately with the Raspberry Sauce.

Spiced Apple and Prune Crumble

SERVES 6

7 oz prunes
1½ lb (700 g) cooking apples
4 oz (100 g) butter
4 oz (100 g) sugar

2 teaspoons ground mixed spice
6 oz (175 g) wholewheat flour
2 oz (50 g) chopped toasted hazelnuts

Soak the prunes overnight in water, then transfer to a pan and simmer until tender, about 20 minutes. If you are using tenderised prunes, they do not require prior soaking. Drain the prunes, quarter them and remove the stones.

Peel, core and slice the apples into a large pan and add 1 oz (25 g) of the butter, 2 oz (50 g) of the sugar and half the mixed spice. Cover and cook gently until they are tender. Do not overcook them – we do not want a mush. Carefully stir in the prunes and turn into a shallow 2 pint (1.2 litre) ovenproof dish.

To make the crumble, sift the flour and remaining spice into a bowl. Cut the rest of the butter into pieces and rub it into the flour until the mixture has the texture of fine breadcrumbs. Stir in the hazelnuts and the remaining sugar. Sprinkle the crumble mixture over the fruit. Bake in a preheated oven, 350°F/180°C (gas mark 4), for about 45 minutes. The top should be golden brown and crisp.

Serve warm with Real Custard Sauce (*see below*), or whipped cream.

Real Custard Sauce

SERVES 4-6

2 egg yolks
1 tablespoon sugar

1 vanilla pod
½ pint (300 ml) milk

Beat the egg yolks lightly in a bowl. Heat the sugar with the vanilla pod and milk in a pan until hot but not boiling. Remove the vanilla pod and whisk the mixture into the egg yolks. Place the bowl over a pan of hot water or place the mixture in the top of a double boiler and cook, stirring constantly, until the custard thickens slightly and will coat the back of a spoon, about 20-25 minutes. Serve warm or cold.

Old-fashioned Bread Pudding

I know that Anton Mosimann's Bread and Butter Pudding is the best in the world – but my Mum's humble bread pudding is great too.

SERVES 6

8 oz (225 g) stale bread and crusts
6 oz (175 g) mixed dried fruit
2 oz (50 g) sugar
½ teaspoon ground mixed spice

3 oz (75 g) butter, melted
1 egg, beaten
1 tablespoon milk

Soak the bread in a little water for at least 30 minutes. Squeeze out all the water and place the bread in a bowl. Add the dried fruit, sugar and spice, then the butter, egg and milk and mix well. Tip the mixture into a greased 2 pint (1.2 litre) ovenproof dish and bake in a preheated oven, 325°F/160°C (gas mark 3), for about 40-50 minutes, until just set.

Serve hot, warm or cold.

Double-crust Apple Pie

SERVES 6-8

For the shortcrust pastry:

10 oz (275 g) plain flour
pinch of salt
2½ oz (65 g) lard
2½ oz (65 g) butter or margarine
3-4 tablespoons cold water

For the filling:

2 lb (900 g) cooking apples, peeled, cored and sliced
4 oz (100 g) soft light brown sugar
2 tablespoons cornflour
½ oz (15 g) preserved ginger, chopped (optional)
milk or beaten egg, to glaze
caster sugar, to sprinkle

Lightly grease the base and sides of a 10 inch (25 cm) shallow pie dish. Prepare the pastry by sifting the flour with the salt into a large bowl. Rub in the lard and butter or margarine, using your fingertips, a food processor or a pastry blender, until the mixture resembles fine breadcrumbs. Add the water and mix to a firm dough. Roll out two-thirds of the pastry on a lightly floured surface to a round large enough to line the

base and sides of the pie dish. Ease the pastry into the dish and trim away any excess. Roll out the trimmings and remaining pastry to make a round large enough to cover the pie and set aside.

To make the filling, place half of the apples in the pastry-lined dish. Mix together the brown sugar and cornflour and sprinkle half over the fruit. Scatter with the ginger, if using, then cover with the remaining apples. Top with the rest of the sugar mixture.

Brush the rim of the dish with milk or beaten egg and carefully lift on the pastry lid. Trim away any excess pastry and seal the edges.

Flute the pastry rim and make a small hole in the top of the pie to allow any steam to escape (a pie funnel may be used in the centre of the pie to hold up the crust during cooking). Glaze with milk or beaten egg and sprinkle with the caster sugar. The pie can be decorated with any pastry trimmings, if liked.

Place on a baking sheet and bake in a preheated oven, 425°F/ 220°C (gas mark 7), for 30-40 minutes, or until golden brown and cooked through.

Serve hot or cold with thick clotted or whipped cream or with Real Custard Sauce (*see page 62*).